

FEATURES

Team Marines races to fourth win of NASCAR season

GUNNERY SGT. J.D. EDWARDS AND TEAM RENSI MOTORSPORTS
MARINE CORPS RECRUITING COMMAND

It was going to take a lot more than rain to stop Bobby Hamilton Jr., driver of the No. 25 Team Marines Ford, and Team Marine Racing, from sailing to his fourth victory of the 2003 NASCAR Busch Series.

Hamilton Jr. climbed to within 125 points of the series points leader, Scott Riggs, as he took his team to victory lane in the rain-shortened Bas-has’ Supermarkets 200 at the Phoenix International Raceway in Avondale, Ariz., Nov. 1.

Although the race started at its scheduled time, the first four laps of the race were run under caution as a light rain continued to fall onto the one-mile track, which forced NASCAR officials to temporarily halt the race. Track crewmembers worked for two and

a half hours drying the track so the race could resume. Once the race restarted, Hamilton Jr. quickly moved into second place and assumed the mission of chasing down the leader. He finally reached and passed the leader, Kevin Harvick, a Winston Cup Series driver, on lap 60. Hamilton Jr. maintained the lead until lap 101 when Harvick returned to the lead.

On lap 102 the caution flag waved because of an accident. The Team Marines pit crew quickly prepared for their final stop and adjustments of the day. When the car came into the pits, the team came through with a lightening fast pit stop that put Hamilton Jr. back in the lead.

Hamilton Jr. never looked back and maintained the lead to the final caution that came on lap 176 because of rain. While darkness was quickly setting in and rain continued to fall, NASCAR officials were forced to draw the race to a close on lap 181.



Special to The Boot
The number 25 Ford Taurus car, Team Marines is sponsored by the U.S. Marine Corps and owned by Ed Rensi. The car’s Crew Chief is Harold Holly.

While the yellow and checkered flags waved, Hamilton Jr. not only claimed the win, he also took the lead for the most wins of any driver in the Busch Series this year. “The Team Marines Ford stayed under me all day long,” Hamilton, Jr., said. “Then the Team Marines Pit Crew put us out front with the awesome pit stop and I just drove it on cruise control from there. The pit crew won this race for me today, they were awesome!”

Hamilton Jr., heads into the next-to-last race of the season sixth in the points standings. The next race is Saturday at the North Carolina Speedway at 1:00 p.m.



Special to The Boot
The next scheduled race in the NASCAR Busch Series will be the Ford 300 at Homestead-Miami Speedway Saturday. The race will be broadcast on NBC at noon.



Special to The Boot
Former Nashville Speedway USA Late Model Stock Car driver, Bobby Hamilton Jr., has won four series-leading races this year, driving a U.S. Marine Corps-sponsored Ford for Team Rensi Motorsports.

Campaign encourages smokers to quit-for-a-day

CPL. ALISHA R. FITZGERALD
STAFF WRITER

An estimated 47 million Americans are currently tobacco smokers. Of those 47 million, about half will suffer premature deaths as a result of smoking, according to the American Cancer Society.

This year, the American Cancer Society will celebrate its 27th Annual Great American Smokeout Thursday. In support of the Smokeout, smokers are urged to quit for a day, or “Bury the Butt,” which is the campaign slogan.

A change in America’s acceptance of smoking began to take place in the 1970s, when smoking was much more socially accepted than it is today.

Then, smokers were allowed to light up in many public places that have now banned smoking in an effort to promote health and protect non-smokers. Since then, a nationwide turnaround has occurred.

This evolution can be largely attributed to Americans being more health conscious today. The Smokeout has helped in this effort by alerting the public to the wide range of harmful effects caused by smoking.

“The Great American Smokeout has helped bring about dramatic changes in America’s attitude about smoking,” said Ivette Dixon, Naval Hospital Beaufort’s Health Promotion Coordinator. “In the ‘70s, smoking and secondhand smoke were much more commonplace.”

The Smokeout’s beginnings can be traced back to Minnesota in 1974, when Monticello Times editor, Lynn R. Smith, fashioned “Don’t Smoke Day” or “D-Day.” The American Cancer Society caught wind in 1976, and the event has grown from there, forcing major changes in legislature concerning tobacco

use all over the United States.

To help promote the national campaign in the Tri-Command, NHB Health Promotions will host a “Bury the Butt” 5K Run Thursday at 11:30 a.m. The start of the race is set to be at the Fort Frederick Boat Landing at NHB, and will finish in the picnic area next to the waterfront. Prizes will be awarded, and registration is free for smokers pledging to quit. For all others, the cost is \$5, if registration is done before Tuesday. Late registration will be taken through the day of the race and will cost \$10. To register, or for more information, contact Dixon at 228-5344.

There will also be educational booths set up inside the hospital Thursday. One will be located next to the pharmacy on the first floor from 10 – 11 a.m., and another will be set up between Orthopedics and the VA Clinic from 9 – 10 a.m. For those who have decided to break the habit, a tobacco cessation expert will be available at the booths for counseling. Individuals can “bury” their cigarettes, cigars or smokeless tobacco in coffins at the booths and fill out pledge cards there as well.

“For people thinking about quitting, the Smokeout offers public support and a feeling of camaraderie with others who are giving up tobacco for the day,” said Dixon. “Many people never pick up a cigarette again after the Smokeout, especially if they have planned their ‘quit day’ in advance.”

Marine Corps Community Services-South Carolina’s Semper Fit Health Promotions is also helping to promote the Smokeout. They will have health care professionals at an information booth at the Depot’s Main Exchange Thursday, 11 a.m. – 1 p.m.

“As part of a military family, encouraging individuals to



“As part of a military family, encouraging individuals to quit smoking is extremely important to us at Semper Fit. Marines and sailors have to stay in top physical condition in order to be mission-ready.”
– Crystal Dilliard, Semper Fit Health Promotions

quit smoking is extremely important to us here at Semper Fit,” said Crystal Dilliard, Semper Fit Health Promotions Coordinator and registered nurse. “Marines and sailors have to stay in top physical condition in order to be mission-ready. Staying healthy should be a priority to all military personnel.”

For more information on the Smokeout or information and tips on how to quit, log on to www.cancer.org/docroot/PED/ped_10_4.asp or visit www.quitsmoking.com/kopykit/reports/smokeout.htm. To find out about Tri-Command smoking and tobacco cessation resources, call Semper Fit at 228-7010.

COLD,
Continued from Page 1

recruits and permanent personnel will wear their Service Bravo uniforms at graduation, or the Service Alpha uniform, if need be. However, if the weather becomes too inclement, recruits will move inside for the ceremonies.

Basic Warrior Training and the Crucible will also run its course, said Slade. But, instead of setting up shelter halves at the bivouac site, the recruits will be moved into the sea huts for added cover.

However, no matter how arctic the weather may get,

Slade said the drill instructors will continue to “stay hard” and “suck it up” in front of the recruits.

It would take more than a couple of snowflakes to stop training, he added.

“I’ve been out there practicing drills in flurries on the parade deck – I’ve been there executing the Crucible during winter when it’s cold,” he said.

There is one upside to winter weather.

“Well, we don’t have to worry about lighting within five ...” he said.

Nevertheless, there will be

times when Mother Nature causes recruit training to cease temporarily.

“There have been times when we didn’t run the Confidence Course because it was frozen,” said Slade.

According to Slade, if temperatures raise above 75 degrees, the appropriate Hot SOP procedures will also come into effect and the corresponding weather flag will be posted.

With Cold SOP in place, RTR is ready to endure the weather conditions head on and will continue to train recruits into Marines—in any clime or place.

**Parris Island
Commissary
Holiday Hours**

Nov. 23
11 a.m. - 5 p.m.
Nov. 24
9 a.m. - 7 p.m.
Nov. 25
Closed
Nov. 26
9 a.m. - 7 p.m.

THE BOOT



Can now be read online at
www.mcrdpi.usmc.mil